

## VANILLA POACHED PEARS

Allow

1 well flavoured pear per person

½ cup water per person

1 vanilla pod scraped to release the seeds - keep the pod too

Sauterne may be used too if desired

Full fat Greek yoghurt is wonderful for serving with the pears

### METHOD

1. Peel the pears and slice each in half.
2. Using a teaspoon gently scoop out the centre where the pips lie.
3. Place the water in a saucepan and add the vanilla seeds and pod to it. Bring it to the boil.
4. Turn down the heat and gently place the pears in the poaching liquid. Bring back up to the boil.
5. Turn down heat again and allow the pears to simmer away until cooked.
6. Test by sticking a skewer or sharp knife into the pear - if there is little resistance then they are cooked through. Different types of pears require different lengths of cooking.
7. Using a slotted spoon, remove the pears from the poaching liquid. Remove the pod too.
8. Continue to cook the juice until it is well reduced and then pour it over the pears and allow them to cool to room temperature before serving.
9. Instead of using water alone, sauternes can be used( on its own) but best if a good amount is substituted for the water.